

State of Montana Health Screening Schedule 2009

Date	Time	City	Location
1/21	6:30 - 10:30 am	Libby	City Hall, Ponderosa Room
1/27	6:30 - 10:30 am	Helena	Capital Hill Mall - look for signs
1/28	6:30 - 10:30 am	Helena	Capital Hill Mall - look for signs
1/29	6:30 - 10:30 am	Helena	Capital Hill Mall - look for signs
2/5	6:30 - 10:30 am	Missoula	Quality Inn
2/6	6:30 - 10:30 am	Missoula	Quality Inn
2/10	6:30 - 10:30 am	Lewistown	Yogo Inn
2/17	6:30 - 10:30 am	Dillon	UM Western Mathews Hall L&C Room
3/4	6:30 - 10:30 am	Bozeman	Holiday Inn
3/5	6:30 - 10:30 am	Bozeman	Holiday Inn
3/25	6:30 - 10:30 am	Billings	C'Mon Inn
3/26	6:30 - 10:30 am	Billings	C'Mon Inn
4/22	6:30 - 10:30 am	Polson	Senior Center 4 3 rd Ave. E
4/29	6:30 - 10:30 am	Miles City	Holiday Inn Express
4/29	6:30 - 10:30 am	Glendive	Comfort Inn
4/30	6:30 - 10:30 am	Sidney	USDA -ARS Meeting Rm.
5/6	6:30 - 10:30 am	Wolf Point	First Lutheran Church 415 Johnson
5/7	6:30 - 10:30 am	Glasgow	Cottonwood Inn
5/13	6:30 - 10:30 am	Havre	Great Northern Best Western
6/16	6:30 - 10:30 am	Great Falls	Holiday Inn
6/17	6:30 - 10:30 am	Great Falls	Holiday Inn
6/26	6:30 - 10:30 am	Hamilton	Elks Lodge
6/30	6:30 - 10:30 am	Helena	Capital Hill Mall (also a Health Fair!)
7/1	6:30 - 10:30 am	Helena	Capital Hill Mall (also a Health Fair!)
7/2	6:30 - 10:30 am	Helena	Capital Hill Mall (also a Health Fair!)
7/7	6:30 - 10:30 am	Warm Springs	MSH Rooms A & B
7/8	6:30 - 10:30 am	Anaconda	Fairmont Hot Springs
7/9	6:30 - 10:30 am	Butte	Holiday Inn Express
7/10	6:30 - 10:30 am	Bozeman	Holiday Inn
7/15	6:30 - 10:30 am	Deer Lodge	DOC Training Center
7/16	6:30 - 10:30 am	Deer Lodge	DOC Training Center
7/23	6:30 - 10:30 am	Kalispell	Hampton Inn
7/24	6:30 - 10:30 am	Kalispell	Hampton Inn
7/28	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
7/29	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
7/30	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
7/31	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
8/28	6:30 - 10:30 am	Libby	City Hall, Ponderosa Room
9/15	6:30 - 10:30 am	Billings	C'Mon Inn
9/23	6:30 - 10:30 am	Helena	Front Street Learning Center
9/24	6:30 - 10:30 am	Helena	Front Street Learning Center
9/25	6:30 - 10:30 am	Helena	MDT Auditorium
9/29	6:30 - 10:30 am	Columbia Falls	VA Chapel
10/6	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
10/7	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
10/8	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
10/9	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
10/15	6:30 - 10:30 am	Shelby	Marias River Electric Co-op
10/22	6:30 - 10:30 am	Missoula	Quality Inn
10/27	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
10/28	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
10/29	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
10/30	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
11/4	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
11/5	6:30 - 10:30 am	Helena	Cogswell Building Rms. 205/207
11/6	6:30 - 10:30 am	Boulder	MDC Multipurpose Room

Employees, Retirees and their dependents over the age of 18 on the State of Montana health insurance plan are eligible for one FREE health screening per year. Health screenings are sponsored by the State of Montana Healthy Employee Wellness Program (SOMHELP).

To Register: Visit www.benefits.mt.gov/wellness.asp and click on "Register for Health Screenings;" scroll to the bottom, pick a city, and press "Continue."

Complete registration instructions are available at www.benefits.mt.gov/wellness.asp.

NEW! \$5 Discount

Participants covered under the State of Montana health care plan may be eligible for a \$5 discount off their monthly health care premiums! The discount will be given for the 2010 plan year based on participation in a health screening during 2009. To be eligible for a \$5 discount, the policy holder must participate in a health screening during 2009. To be eligible for a \$10 discount, the primary policy holder and a spouse or dependent covered under their plan must participate during 2009. Joint core participants are both eligible for the discount; if they have two or more eligible dependents attend a health screening, both the primary and the partner policy holders will receive a \$10 discount. Discounts will not exceed \$10 per month per policy holder.

Important! Pre-registration for appointments is essential. If you do not pre-register, you must bring your employee ID number to your health screening. This will ensure that your discount is accurately reflected on your premium in 2010. For more information, please see the Frequently Asked Questions (FAQs) at www.benefits.mt.gov/wellness.asp.

Don't know your employee ID? It is the 6-digit number found at the top of your paycheck and may also be found by calling your payroll office.

For more information contact:
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